



Mount Holyoke Range State Park

Massachusetts Department of Conservation and Recreation

JUNE 2023 PROGRAMS

Programs are free and open to the public. **Meet inside Notch Visitor Center**, 1500 West St, Amherst, unless otherwise noted. Parking is free. All children must be accompanied by an adult. Reasonable accommodations available upon request. For more information call the park at **(413) 253-2883**. Sturdy footwear, insect repellent, and sunscreen recommended for all outdoor programs. **Note:** Storms cancel all outdoor programs.

OPEN DAILY	NOTCH VISITOR CENTER, 9:00 a.m.—4:00 p.m. The Visitor Center features free exhibits, park information, restrooms, and drinking water. Wheelchair accessible. Accessible by PVTA public transit (Amherst R38). Open through mid-October. Times and dates are subject to change.
DAILY, ONGOING, AT VISITOR CENTER	NATURE ACTIVITIES For ages 4 and up. A self-guided exploration of nature, a sensory touch table and an activity! SCAVENGER HUNT For ages 6 and up. Self-guided discovery outside on the Notch Visitor Center grounds to seek natural treasures! Pick up a Scavenger Hunt sheet and pencil at Visitor Center desk.
MONDAYS	THE FOREST & YOUR FIVE SENSES, 2:30—3:30 p.m. For ages 12 and up. Join a Park Interpreter for a meditative hike in the woods. Use your senses with intention. Connect with the forest, and if inspired, sketch, or journal. Materials provided.
TUESDAYS	TROLLEY SUPERHIGHWAY HIKE, 10:00—11:00 a.m. For ages 12 and up. Discover the trolley that once connected the entire Pioneer Valley. Walk along its former rail bed! Easy hike with one short steep downhill section.
WEDNESDAYS 10:00—10:30 a.m.	OUR OWN JURASSIC PARK, For all ages. Take a deeper exploration of the geologic story of the Mt. Holyoke Range, formed and shaped by both fire and ice! Experience a real dinosaur footprint, or two.
FRIDAYS 2:00—2:30 p.m.	
THURSDAYS & SUNDAYS	BIRDING, 9:00—10:00 a.m. For ages 12 and up. Join a Park Interpreter for a moderate, 0.5-mile hike in the woods. Discover more about our local birds, their behaviors, needs, and habitats. Listen, watch, sketch or journal on this interactive program.
SATURDAYS	EMPOWERMENT HIKE, 10:00—11:00 a.m. For ages 14 and up. This guided hike helps you build comfort and confidence with navigation skills. Connect to nature. Learn how to become a better steward. Moderate round-trip hike, about a mile, with some challenging terrain.
SUNDAYS	TROLLEY SUPERHIGHWAY, 1:00—1:30 p.m. For all ages and abilities. A park interpreter-guided story of the trolley that once connected the entire Pioneer Valley.

Notch Visitor Center, Mount Holyoke Range State Park
1500 West Street, Amherst, MA 01002. Tel. (413) 253-2883

coming events